



We hope you've been able to enjoy some sunshine this April and that you're doing well as we move into May. The new month marks National Walking Month, and with the predicted sunshine, it's a lovely opportunity to support our health and wellbeing.

Studies suggest just 30 minutes of walking a day can reduce the risk of heart disease by up to 35% and lower the risk of depression by around 30%!

Have you considered making walking a part of your daily routine this May?



**Mental Health Week** will begin on the 11th of May, and this year's theme is centred around **taking action**.

It's a timely reminder that while awareness is incredibly important, real impact comes from what we do consistently to protect and support mental wellbeing.

Looking after mental health shouldn't be an occasional initiative or a reactive measure; it should be part of everyday life in the same way we brush our teeth, drink water, or take breaks to rest. While conversations around mental health and awareness of mental illness

continue to grow positively, there is still more space for action, consistency, and culture change.

We all have a responsibility to care for our own wellbeing and to be mindful of those around us.

Employers and managers have a key role to play in proactively safeguarding the mental health of their teams, not only responding when things reach a difficult point.

For those of you who are managers, this could mean thinking about how your team experiences work day to day. It might include regular meaningful check-ins, creating space for honest conversation, encouraging healthy boundaries around workload and rest, and leading in a way that makes it safe for people to speak up when they are not okay.

And for everyone, it's worth reflecting on a simple question: what do you do every day, week, or month that genuinely supports your mental health?

There is no single magic solution. It is about consistency, self-awareness, and finding what works for you as an individual.

Have you seen the BBC series [Just One Thing?](#) It offers lots of simple, practical ideas for supporting health and wellbeing, including Zoe Ball's episode on digital detox, which feels especially relevant with Screen Free Week also taking place in May.

Studies have found that reducing social media use to around 30 minutes a day can lead to improvements in wellbeing and reduced feelings of loneliness and depression in some groups. This may be a helpful starting point if you are looking for one small, consistent action to support your mental health.

### **Dementia Action Week**

The 18th–24th of May marks Dementia Action Week, a national awareness campaign that brings individuals, communities, and organisations together to raise understanding and take meaningful action on dementia.



It is an important reminder of the growing number of people living with dementia across the UK, and the ongoing need for compassionate, person-centred support that helps individuals maintain dignity, independence, and quality of life.

Dementia is now recorded as one of the leading causes of death in the UK, and around 70% of people in care homes are living with dementia or severe memory problems. With numbers continuing to rise, it is increasingly important that care approaches continue to evolve, and that practitioners are supported to respond with confidence to changing needs and complex presentations.

As part of this focus, QCS has been exploring “Navigating the Future of Dementia Care”. This offers valuable insight into current thinking and emerging approaches within dementia care, with a focus on person-centred practice and supporting better outcomes for individuals and families.

👉 Learn more [here](#).



### **Working Therapeutically in Children’s Residential**

Those of you working in children’s residential services will know how vital therapeutic practice is in ensuring children feel safe, understood, and supported, particularly when navigating complex emotional and behavioural needs.

Working in children’s residential care requires a deeply thoughtful and consistent approach, where relationships, emotional safety, and understanding behaviour as communication are central to supporting children with lived experiences of trauma and complexity. Therapeutic practice is not simply a model of care, but a way of being alongside children that helps them feel seen, understood, and supported over time.

We were really pleased to see a webinar by **bMindful Psychology** focused on this important area of practice, offering space to reflect on and strengthen therapeutic approaches within residential settings.

The session will explore:

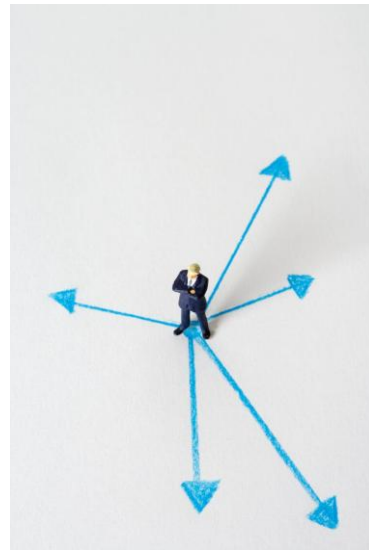
- What therapeutic practice looks like in residential children’s homes
- Understanding behaviour through a trauma-informed lens
- Practical approaches to embedding therapeutic thinking into daily practice

- Reflective strategies to support consistent and compassionate care

This is a valuable opportunity for practitioners and managers working in residential settings to deepen their understanding of therapeutic approaches and consider how these can be embedded in a meaningful and sustainable way.

👉 Find out more [here](#).

When thinking about your **career progression**, it can be helpful to understand the difference between career growth and development. Growth can be seen as the experience gained over time through exposure to different situations, whereas development is more intentional, structured learning that builds specific skills and capabilities. Thinking about both helps shape not just where you are now, but where you might want to go next.



Career goals are rarely linear, and in health and social care especially, they can shift as people gain experience, confidence, and exposure to different settings. For some, the focus may be progression into leadership or specialist roles. For others, it may be about deepening expertise in a particular area or finding stability in a role that aligns with their values and working style.

Being clear on this can help you find roles, training, and opportunities that genuinely align with your values, strengths, and aspirations, rather than just your current job title.

This [article](#) explores growth versus development in more detail and offers a helpful reflection point when thinking about your own career journey.



### **Practitioner Training: Child First Toolkit for Reducing Conflict Between Separated Parents**

For anyone supporting children with separated parents, this work can often involve navigating high levels of emotion and strained communication.

It requires a steady, reflective approach that helps keep the child’s experience at the centre of practice, even within complex and sometimes challenging family dynamics.

The “Child First Toolkit” is designed to support professionals in reducing conflict between separated parents, offering practical guidance alongside reflective approaches to manage these situations sensitively and effectively.

An upcoming webinar from Safeguarding Somerset explores the Child First Toolkit in more depth, alongside how parental conflict can impact children’s wellbeing and development, and the approaches that reduce escalation, support calmer communication, and strengthen positive, child-focused outcomes.

👉 Find out more [here](#).

The 4th–10th of May is **Dying Matters Week**, an important opportunity to sensitively open up conversations around death, dying, and bereavement, helping to break down the silence that so often surrounds end of life care. It encourages us to reflect on how important it is that people feel able to talk about their wishes, fears, and preferences, and to know that these conversations will be met with care, respect, and understanding.



For those working in health and social care, it also serves as a reminder of the role we play in creating space for these discussions in a way that feels safe and person-centred.

Hospiscare is hosting a reflective and supportive session designed to help practitioners build confidence in approaching end of life conversations with compassion and clarity.

These conversations can feel challenging, but they are often some of the most meaningful in ensuring people feel heard and supported in what matters to them.

👉 Find out more and register [here](#).



**Disclosure and eligibility** form a key part of ensuring recruitment practices are compliant, consistent, and aligned with safeguarding responsibilities across health and social care. These processes are fundamental to enabling fair and informed decision-making that protects staff, services, and service users.

When supporting clients as they navigate onboarding processes, we often hear that eligibility guidance can be interpreted differently, and that applying safeguarding principles within fair and consistent hiring decisions can feel complex.

Skills for Care is hosting a webinar focused on disclosure and eligibility, offering guidance on how these processes work in practice and how they can be applied appropriately within recruitment and workforce settings.

👉 Learn more [here](#).

### 🌟 Job of the Month 🌟

#### **Registered Manager** - EBD Residential Childcare

📍 Devizes, Wiltshire | 💰 Up to £75,000 | ⌚ Full Time

Sector:

We are seeking a dedicated **Registered Manager** to lead a 3-bed children's home in Devizes, building on its Ofsted 'Good' rating and supporting its journey towards 'Outstanding'.

You will oversee the day-to-day running of the home, leading a residential team to deliver consistent, child-centred care for children with EBD, including care planning, safeguarding, staffing, budgets, and regulatory compliance, while working closely with families and external professionals to build stable, supportive networks around each child.


You will be an experienced residential leader with strong safeguarding knowledge, Ofsted understanding, and a Level 5 Diploma (or working towards).

This is a supportive, well-established home with a clear vision for growth and a pathway towards dual registration for the right candidate.

Looking for a new role? Explore all of our latest vacancies [here](#).

#### **Further reading/watching:**

 [Emotional Intelligence: How to develop and use it](#)

 [Skills for Care launches new 'Practical approaches toolkits' to support adoption of proven workforce models](#)

#### **Thought for the month:**

In May there are a number of important moments of recognition for roles that are vital within the healthcare sector. We mark International Day of the Midwife on 5th May, International Nurses Day on 12th May, and International Human Resources Day on 20th May.

Each of these dates highlights the dedication, compassion, and professionalism of those working in roles that support, care for, and strengthen others every single day.

We want to take this opportunity to say thank you to everyone in these roles. Whether you are on the front line of care or working behind the scenes to support teams and services, your contribution is vital.

We feel privileged to work so closely with the healthcare sector and to witness the impact professionals make every day, showing up with consistency, care, and commitment. We love being able to connect skilled professionals with organisations where they can thrive, feel valued, and continue doing the work they are passionate about. Supporting that match between person and purpose is a responsibility we hold with care, and we deeply admire the individuals who choose these important roles as their profession, along with everyone across the wider care sector who contributes so meaningfully each day.

#### **We'd love to hear from you:**

With Mental Health Week coming up, many employers will be reflecting on and sharing their mental health strategies. It's encouraging to see these conversations becoming more visible,

but it also raises an important question: what actually makes the biggest difference in practice?

What do you think is the most impactful thing an employer can do for their team's mental health?

Warm wishes for the month ahead.



*Connecting compassionate care providers with skilled professionals to build strong, values-aligned teams that enhance care quality and service outcomes.*



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